

SILENT CHRISTIAN MEDITATION

Silence & God's Unconditional Love Is Available For Each Of Us

Presented by Claire La Scola, Donna Lack & June Pangelinan

SATURDAY, DECEMBER 7, 2019

For you alone my soul waits in silence is the first line of Psalm 62. How do we learn how to trust unconditionally from that place of stillness? Join us as we practice and learn about Christian Meditation; Psalm 62 and Lectio Divina. As we sit in the quiet with the Beloved we experience the mysteries of thanksgiving; hope; faith; fear and compassion. Let us explore how to let go of the distractions of everyday life and surrender to a loving and tender God.

PRESENTERS:



Claire is a Benedictine Oblate of the World Community for Christian Meditation (WCCM) and Regional Coordinator for Northern California. She leads a Meditation group weekly at her home parish, St. Charles Borromeo in Livermore. Before retiring Claire was a registered nurse and a marriage and family therapist.



Donna is a Benedictine Oblate of Hesed Community and also serves as their Oblates Coordinator. She has a B.A. in Human Services from Holy Names University. She is a graduate and trained mentor of Education for Ministry (EFM) from The Beecken Center of The School of Theology, The University of the South, a four-year distance learning certificate program in theological education based upon small-group study and practice. Donna leads a Meditation group on the 2nd and 4th Monday's each month in Oakland.

June Pangelinan is a member of Hesed Community and a long-time Lectio Leader for the organization. She is currently supporting the communication & social media efforts at Hesed as well as the meditation leaders. She has a 13 year old daughter and resides in El Cerrito, California.



REGISTRATION:

Registration begins at 9:30 am. Program is from 10:00 am - 4:00 pm. Lunch included.

Registration online is available at www.sandamiano.org or call us at (925) 837-9141 to make your reservation by phone.

TO MAKE A RESERVATION:

Please send a check of \$25 deposit to: San Damiano Retreat 710 Highland Drive Danville, California 94526-0767 Phone: (925) 837-9141

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

COST:

\$55 per person

SPECIAL NEEDS:

Please call us after you make your reservation for any retreats.

RESERVATION FORM

SILENT CHRISTIAN MEDITATION DAY • SATURDAY, DECEMBER 7, 2019

NAME(S): _____

ADDRESS: _____

STREET

CITY

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\$55 • LUNCH INCLUDED

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